

NATIONAL YOUTH SPORTS SAFETY FOUNDATION, INC.

GUIDELINES

GOLDEN RULE OF COACHING

If athletes are coached with criticism, they learn low self esteem.

If athletes are coached with hostility, they learn to fight.

If athletes are coached with ridicule, they learn to withdraw.

If athletes are coached with shame, they learn to feel guilty.

If athletes are coached with patience, they learn to improve.

If athletes are coached with encouragement, they learn confidence.

If athletes are coached with praise, they learn to have faith.

If athletes are coached with fairness, they learn justice.

If athletes are coached with approval, they learn positive self esteem.

If athletes are coached with honesty, they learn to trust.

If athletes are coached with modesty, they learn teamwork.

If athletes are coached with acceptance and friendship, they learn to find love in sport.

Susan E. Warren and Donna Volpe
National Youth Sports Safety Foundation, Inc.

Copyright 2001 NYSSF All rights reserved